



SQBENCH PONTES

Adjustable Workout Bench

Multi-Purpose Foldable incline/decline Utility Weight Bench for Full Body Workout MMA

USER GUIDE

Before use, please read this manual carefully to ensure correct operation. KEEP THIS MANUAL FOR FUTURE REFERENCE.

Features:

- Easy to Clean and Maintain
- Quick Adjusting System
- Convenient Safe Locking Mechanism
- Compact Design and Lightweight
- Constructed with Heavy-Duty Thickened Steel Frame and Non-Slip Foot Caps
- Can Support Higher-Intensity Exercises
- Provide Years of Quality Training
- Achieve More Comfortable & Efficient Workouts
- Widened and Thickened Foot Support
- 2" Soft Multi-Layered Padding with Trapezoid-Shaped Configuration
- Easy to Fold and Move without Taking Up much Space
- Multi-functional, Multi-purpose for One Stool
- High-quality Pipes, Six-speed Adjustment for the Backrest

What's in the Box:

- Dumbbell bench
- Wrench
- Screws

Technical Specs:

- Construction Material: Main Frame: Carbon Steel
Foot Pad PVC Hook: Foam Stool Surface: PU
- Weight Capacity: 440.9 Lbs.
- Weight: 30.87 lbs.
- Product Dimensions (L x W x H): 32.2" x 9.8" x 14.17" -inches



DOWNLOAD THE SQUATZ APP TO FOLLOW YOUR CUSTOM SQUATZ WORKOUT! ALL SQUATZ PRODUCTS COME WITH AN ADVANCED WORKOUT PROGRAM!



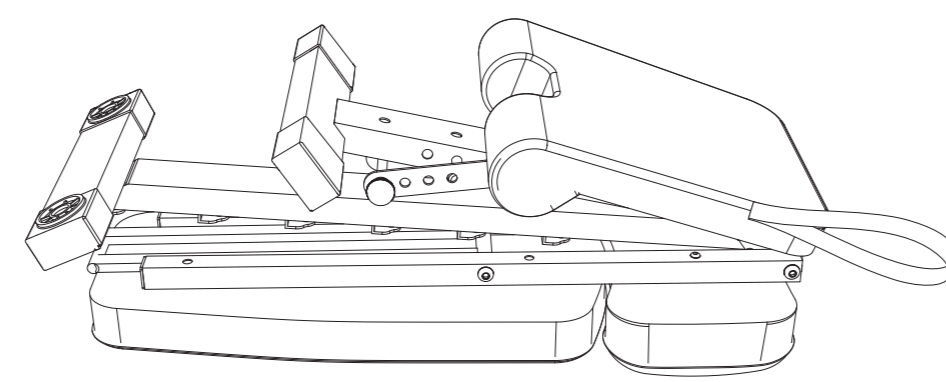
Questions? Comments? We are here to help! Phone: (1) 718-535-1800 Email: support@pyleusa.com

WARNING

Children and the elderly should not touch and use the equipment. For the safety of users, please read the instruction carefully before using the device. The following points should be paid attention to when assembling and operating the equipment.

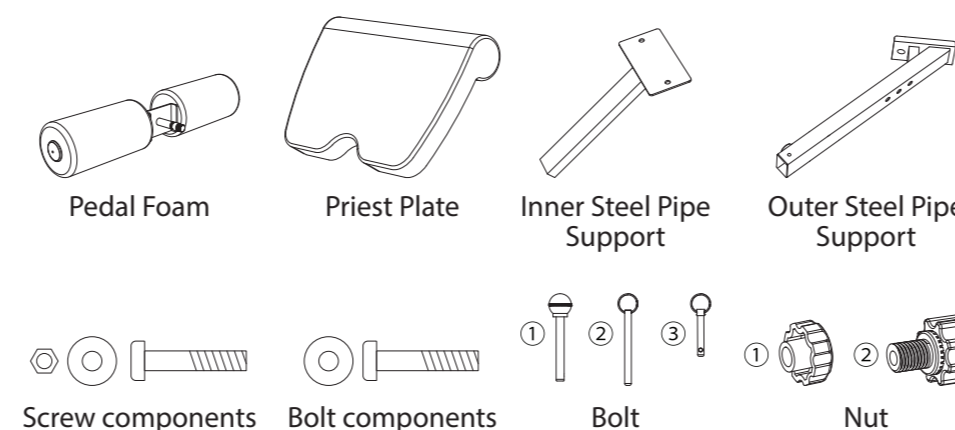
1. Please consult your doctor before using this device whether you are suitable for this exercise program. If you feel dizzy or having uncomfortable symptoms during exercise, please stop exercising immediately and consult your doctor.
2. This device is not a toy, and children are forbidden to use it. Do not let children touch the moving parts to avoid injury. The device contains small parts that may cause asphyxiation. Do not remove the parts.
3. Please check carefully before using the equipment to ensure that all assembly parts, screws and bolts are installed in place and the equipment is placed smoothly.
4. Remove all jewellery, including rings, chains and pins before commencing exercise.
5. When using the Workout Bench, the hair should be away from the moving parts. Users with long hair should coil or wrap their hair.
6. This Workout Bench is only allowed to be used by one person.

PART IDENTIFICATION CHART



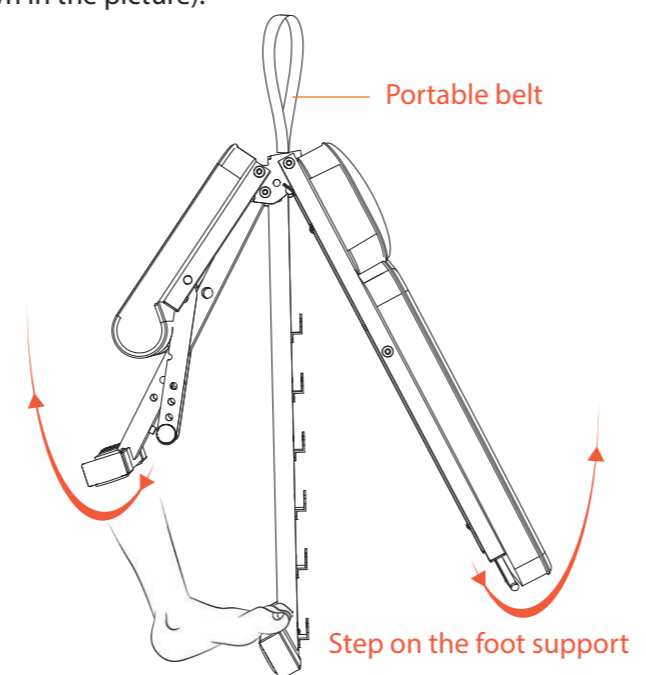
The Main Body

PART IDENTIFICATION CHART



INSTALLATION STEPS

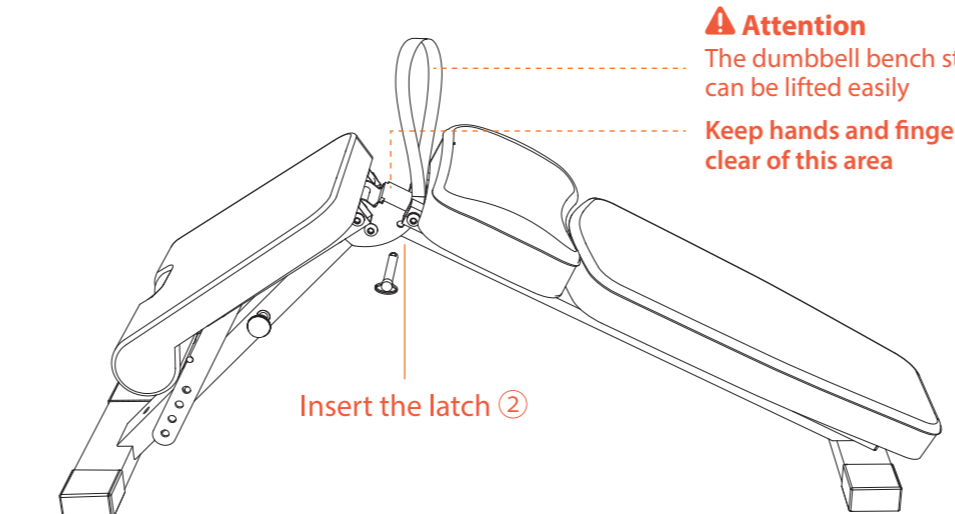
Step 1: After the device is removed from the package, hold the portable strap and stand on it, step on the bottom foot support, hold the other foot support in one hand and the bench in the other hand, and open it outwardly from both sides (as shown in the picture).



Portable belt

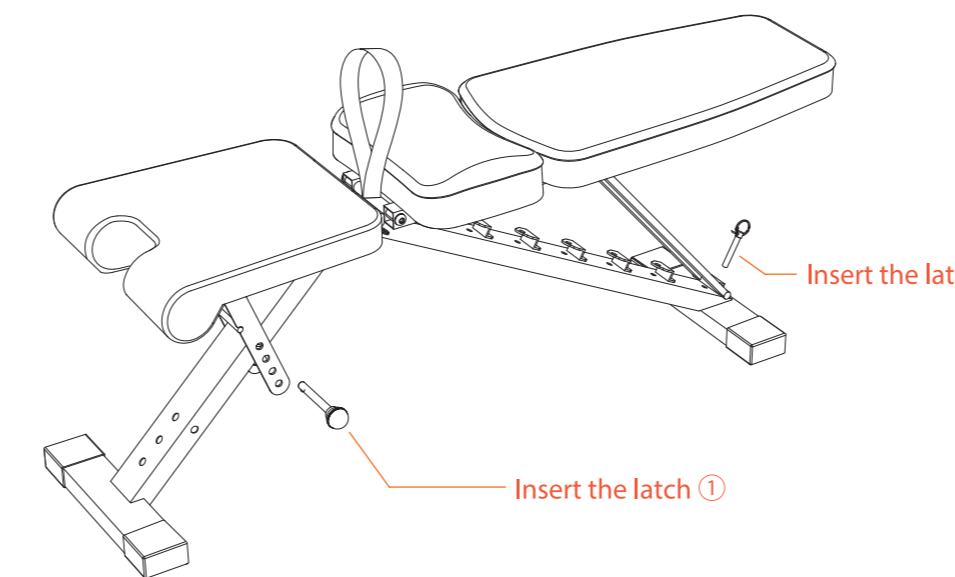
Step on the foot support

Step 2: Open the two Workout Bench foot support completely, so that they can be placed flat on the ground and then install the bolt 2. (As shown in the picture)



Attention The dumbbell bench strap can be lifted easily. Keep hands and fingers clear of this area

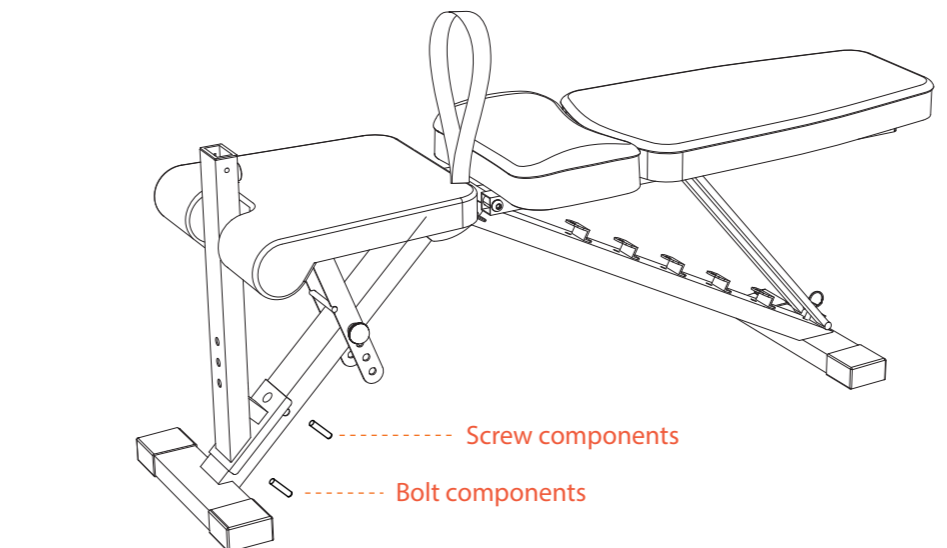
Step 3: Lift the left side of the flat plate and install the bolt 1. Lift the right side of the flat plate, pull the support rod from the back into the fixed slot, and then install the bolt 3. (As shown in the picture)



Insert the latch ③

Insert the latch ①

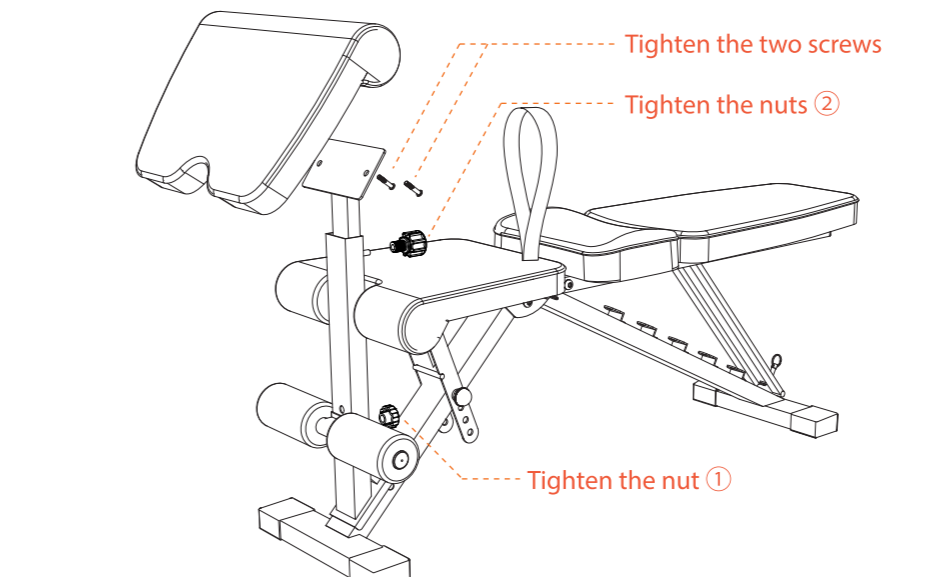
Step 4: Install the outer steel pipe support, and lock the bolt assembly and screw assembly from the reverse side. (As shown in the picture)



Screw components

Bolt components

Step 5: Install the inner steel pipe support with the nut lock. The upper end is installed on the priest plate, then lock the end with a nut for foam foot support. (As shown in the picture)



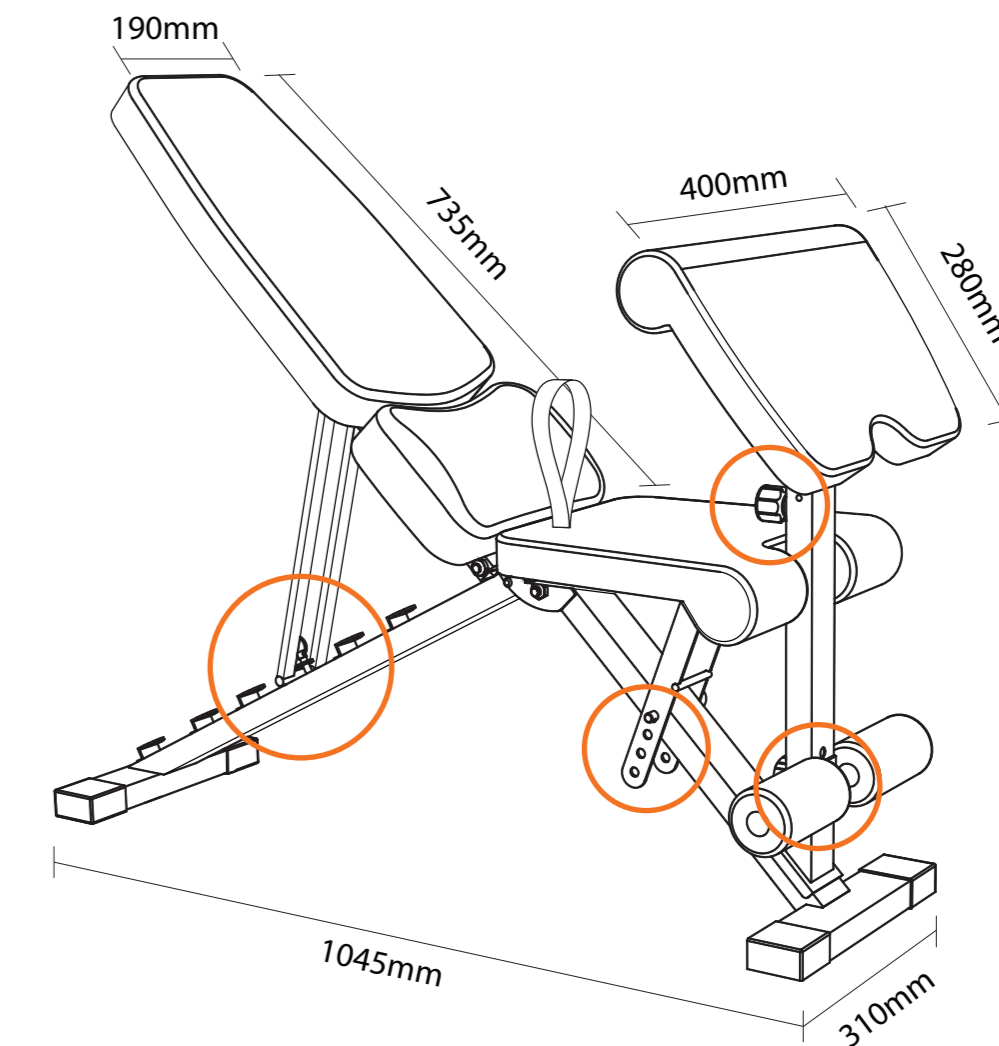
Tighten the two screws

Tighten the nuts ②

Tighten the nut ①

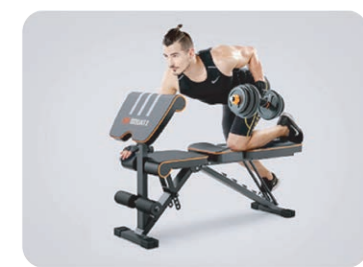
Step 6: ASSEMBLY COMPLETE! Adjust the Workout Bench to desired position. Make sure all adjustment devices are fully inserted and properly adjusted before use to avoid injury.

Note: The position of the red circle in the figure is adjustable. (Backrest Angle, cushion Angle, foam foot support, priest board height adjustable)



METHOD OF USE

1. **Warning:** The maximum load-bearing capacity is 120kg. Please follow the instructions when exercising. Incorrect exercise or excessive exercise may cause harm to human body.
2. **EXERCISE GUIDELINES:**



MAINTENANCE

1. The Workout Bench can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT** use solvents or bleach.
2. Inspect and tighten all parts before using the machine. **DO NOT** overtighten. If parts are worn or damaged, **DO NOT** use. Contact Customer Service for replacement parts.
3. The horizontal panel is made of PU material. Avoid contact with sharp or rough objects to avoid damage.